

REMINDER: HOLLOW TINING - APR 2024

The Pearl Valley golf course, the driving range, The Valley Restaurant and the Pearl Valley swimming pool will be closed for the duration of hollow tining from Sunday, 14 April up to and including Friday, 26 April. These facilities will reopen on Saturday, 27 April 2024. The Pearl Valley swimming pool, however, will remain closed for the winter season.

The Pearl Valley gym, Back's Restaurant and Deli will be open during this period.

Winter season golf operating hours:

The first tee-off time: is 08:00 AM, with the last 18-hole tee-off time at 1:30 PM.

The driving range will be open from 07:30 AM, and the last balls will be given at 5:30 PM. The range will close at 06:00 PM.

Please note that the golf course will be closed on Mondays during winter except for the driving range, which will operate from the members' end from 09:00 AM to 05:00 PM.

The Valley Restaurant winter season operating hours:

- Mondays:

The Valley Restaurant: Closed Coffee station: 07:00 – 17:00 Halfway House: Closed

- Tuesday - Sunday:

The Valley Restaurant: 08:00 AM - 9:30 PM (last food order at 8:45 PM - last bar order at 9:00

PM)

Halfway House: 07:00 AM - 5:00 PM



Congratulations to Pearl Valley Academy students Gherry Rabie, Joshua Woof, Gerhard van der Merwe, and Francois du Toit, who are all part of the team.









Bookings are essential WhatsApp: 071 644 6743 | Call: 021 867 8000

UP NEXT at SELA VIE

FREEDOM FRIDAYS

BINGO

DINNER-TO-DOOR



5 APRIL | 14:00 - 17:00

GET ONE FREE KIDS MEAL

WITH EVERY REGULAR MEAL ORDERED *KIDS MUST BE UNDER 12 SIT DOWN ONLY



11 APRIL | 18:30 R350 PER PERSON

SELA VIE INVITES YOU FOR BINGO NIGHT! THIS INCLUDES A 2-COURSE MEAL AND 4 ROUNDS OF BINGO WITH PRIZES! MAKE SURE TO BOOK YOUR SPOT

DINNER to your DOOR

Monday - Thursday | Directly to your door!
ONLY 30 PORTIONS AVAILABLE PER NIGHT

MONDAY

Roasted butternut pasta, creamy feta & roasted pumpkin seeds R300 for 2 people

TUESDAY

Roasted sweet potato, grilled chicken, fresh baby spinach, chickpeas with pickled onions R300 for 2 people

WEDNESDAY

Grilled prawn bowl with sushi rice, edamame beans, avo, pineapple and nori mayo R350 for 2 people

THURSDAY

Creamy beef stroganoff with pasta, mushrooms & fresh parsley R300 for 2 people



MONDAY: Bacon & feta Pizza
TUESDAY: Creamy beef Pasta
WEDNESDAY: Cheese burger & fries
THURSDAY: Chicken & mushroom pasta





BY PLATINUM WHEELS

Book nov

JUMPING CASTLE | LIVE BIG SCREEN TV KIDS PLAY AREA AND MORE...



SATURDAY Chillen

Come and relax with your family and friends this Saturday! From 12h00 until closing...



Checial offer

10% DISCOUNT ON ALL CRUSTED PIZZA

BUY 1 GET 1 FREE BEER ON TAP / GIN ON TAP









DATE: FRIDAY, 19 APRIL 2024 Book your Spitbraai ticket | R200 per person



10% OFF

When you purchase 6 bottles of the selected

LA MOTTE CHARDONNAY or LA MOTTE SYRAH

orders@lhuguenot.com www.villagedeli.co.za

Get 10% OFF when you buy any six bottles of the medal wines.

orders@lhuguenot.com or www.villagedeli.co.za















Culinaria Chenin Blanc 2023: Gold medal Culinaria Grand Vin 2020 Culinaria Grand Vin 2021: Double Gold medal and Trophy winner: South African Wine of The Year Family Collection Heritage Blend 2021: Gold medal Special Edition Pinotage 2022: Gold medal Special Edition Red Blend 2021: Gold medal







POLO CLUB MERLOT | 2022

Order online www.villagedeli.co.za and receive a 10% discount if you order six bottles or more!

Discount code: WINEOFTHEMONTH





Leopard`s Leap Award winning wines

Recently Leopard's Leap was awarded with the following medals at the China Wine & Spirits Awards - Best Value 2024.



Culinaria Chenin Blanc 2023: Gold medal Culinaria Grand Vin 2020 Culinaria Grand Vin 2021: Double Gold medal and Trophy winner: South African Wine of The Year Family Collection Heritage Blend 2021: Gold meda pecial Edition Pinotage 2022: Gold medal Special Edition Red Blend 2021: Gold medal

Join our winemaker, Renier van Deventer for an interactive, relaxed wine tasting with excellent wines and cheese.

Date: 24 April 2024 | Time: 18h00 - 20h00

Tickets: R150 per person (includes wine tasting and cheese)
Place: L'Huguenot Vineyards

Bookings are essential | experience@lhuguenot.com

15% DISCOUNT | ON ALL WINE ORDERS ON THE NIGHT





O5 APRIL

MUSIC by Newton Theron



19 APRIL SPITBRAAI WITH LIVE MUSIC BY JUAN CASEY

Book your Spitbraai ticket R200 per person



26APRIL

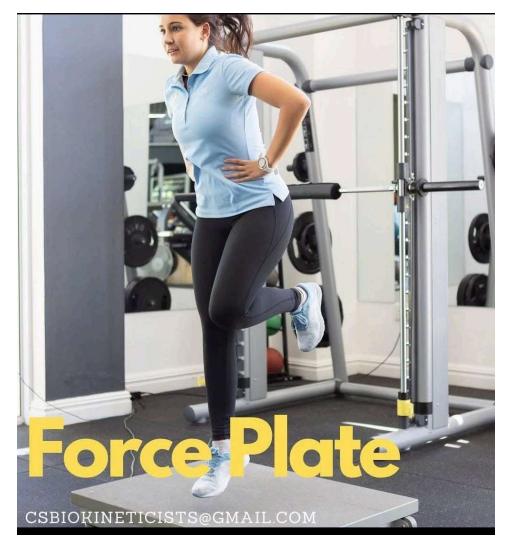
MUSIC by Richard Brockensha



BOOKINGS ARE ESSENTIAL: experience@lhuguenot.com | 021 876 8037

WINE | BEER | PIZZA | KIDS PLAY AREA | GRAB & GO MEALS

CS BIOKINETICISTS



Force Plate for monitoring and testing

Force plates are used in testing and training to help people achieve their performance goals while avoiding injury. They use sensors to detect differences in forces exerted onto the ground that Biokineticists may not be able to see with the naked eye.

Benefits for rehab and training

Athletes using the force plate benefit from understanding how well they are loading weight on their extremities following an injury or surgery. Knowing how you are loading your limbs helps to guide your training program so you are doing the best things possible to get you back on the field and keep you there. It is not just athletes who benefit from the use of the force plates. Many patients with lower-extremity injuries can benefit from this technology. Force plates are a great tool to assess discrepancies between loading, jumping, force development, and symmetry between the left and right sides of the body.

If you require further information, please contact the CS Biokineticists team at 0764087608 / 0662680611 or send an email to csbiokineticists@gmail.com

CAMELOT SPA



PECIALS

Polished To Perfection 75min Gelish Pedicure R990 | Save R160

45min Nailcare & Gelish 60min Signature CBD Wellness Massage 30min Thalgo Hydra-Radiance Facial Includes a CBD Shot R1 600 | Save R320

Valid 1 - 30 April 2024.

For enquiries, contact the team at:
- Email: valdevie@camelotspa.co.za
- Phone: 021 867 8001

- WhatsApp: 066 354 0093

PEARL VALLEY CONTACT DETAILS

PEARL VALLEY HOA

021 867 8000

info@pvhoa.co.za

debtors@pearlvalley.co.za (Levy Accounts enquiries)

www.pvhoa.co.za

SECURITY

Security Control Room - 021 867 1201

Valley Main Gate - 021 867 1203

Val de Vie Main Gate - 021 863 6110/6138

Berg River Registration Centre - 021 863 6137

EMERGENCY CONTACT DETAILS

ER24 Paarl - 084 124

Paarl Mediclinic - 021 807 8000

Medicross Paarl - 021 872 3867

SAPS - 021 807 4000

Ambulance - 101 77

📞 Paarl Fire Brigade - 021 872 2323

Urakenstein Municipality - 021 807 4500

Voltano Metering App - 086 186 5826

Disclaimer: Kindly note that the opinions expressed in the communication are those of the authors/advertisers and do not necessarily represent the views of the Pearl Valley Home Owners Association.

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